

**ABSTRACT OF THE DISCLOSURE**

5           A exercise device for strengthening of the arms and back.

The exercise device includes a frame having a base wall and a  
forked member that is attached to and extends upward from an  
upper side of the base wall. The forked member includes a pair of  
arms. A wheel is positioned between the arms and is rotatably

10 coupled to the frame. An elastic band is positioned on and  
extending around a periphery of the wheel. A tension adjuster  
adjusts rotation of the wheel. The tension adjuster is attached to  
the frame for adjusting the rotation of the wheel. Exercise is  
provided by pulling on the elastic band and rotating the wheel.

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